

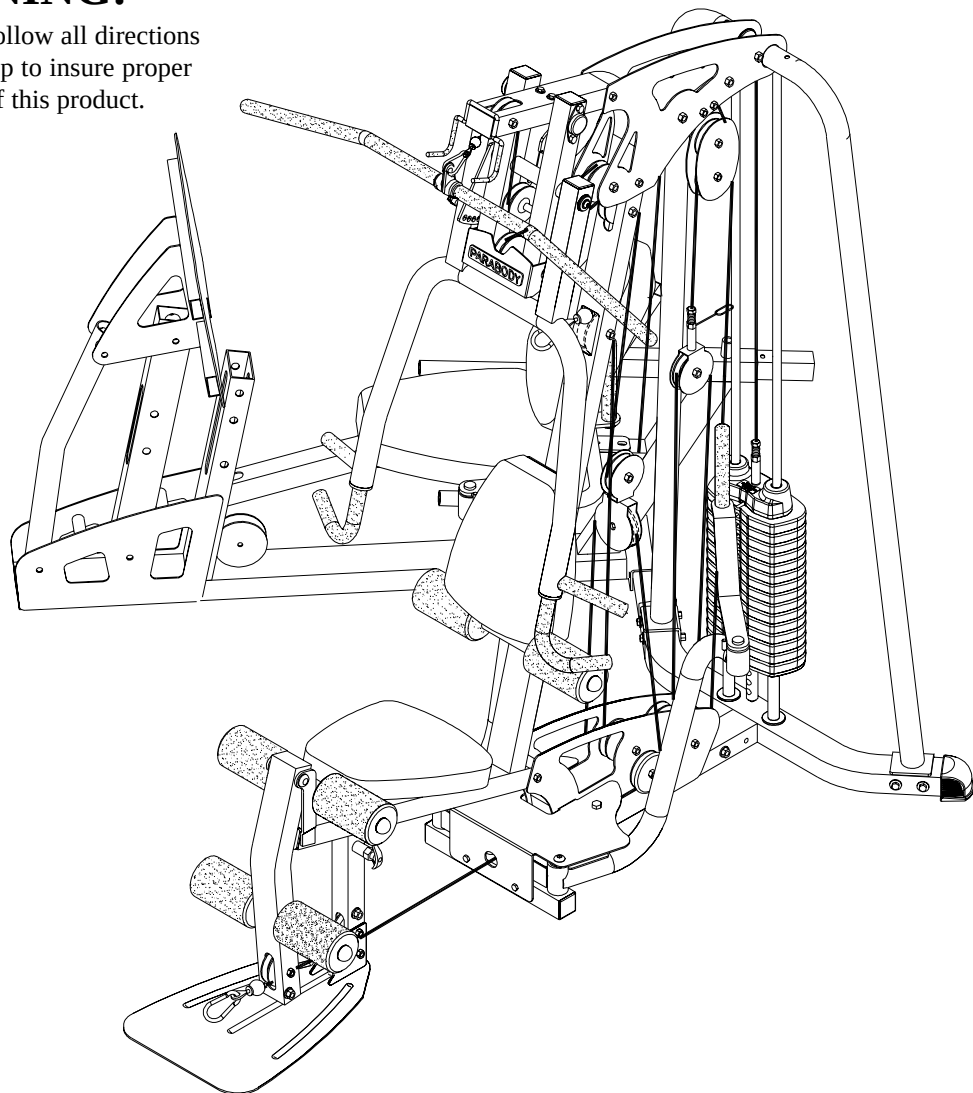
# PARABODY®

## LEG PRESS ADAPTER KIT FOR GS4 GYM SYSTEM



### WARNING:

Read and follow all directions for each step to insure proper assembly of this product.



## USER'S GUIDE

## TABLE OF CONTENTS

|                       |   |                            |      |
|-----------------------|---|----------------------------|------|
| Safety Statement..... | 2 | Parts list.....            | 4    |
| General Notes.....    | 3 | Assembly Instructions..... | 4-11 |
| Tools Required.....   | 3 | Insert-Registration Card   |      |

## IMPORTANT SAFETY INFORMATION



THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES!

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body and clothing free of all moving objects.
4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.
7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.
8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.
9. Children must not be allowed near this machine. Supervise teenagers.

**NOTE:** In a continual effort to improve our products, specifications are subject to change

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## IMPORTANT NOTES

### Please note:

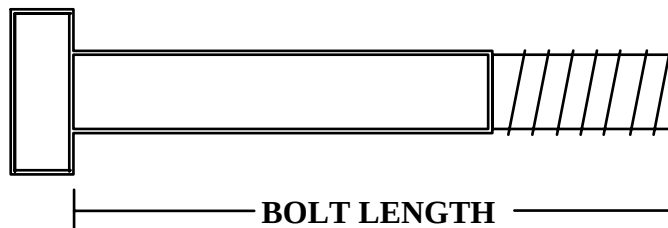
- \* Thank you for purchasing the ParaBody GS4 Leg Press Adapter Kit. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- \* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

## Tools Required for Assembly

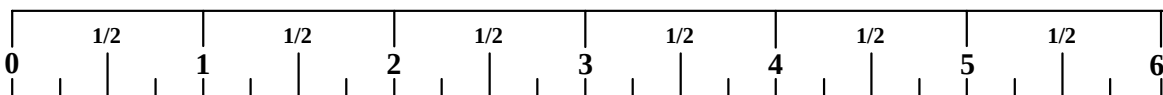
- \* 9/16" wrench
- \* Ratchet with 9/16" socket
- \* Adjustable wrench
- \* Tape measure

## Bolt Length Ruler

**NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.**



**BOLT LENGTH RULER:**

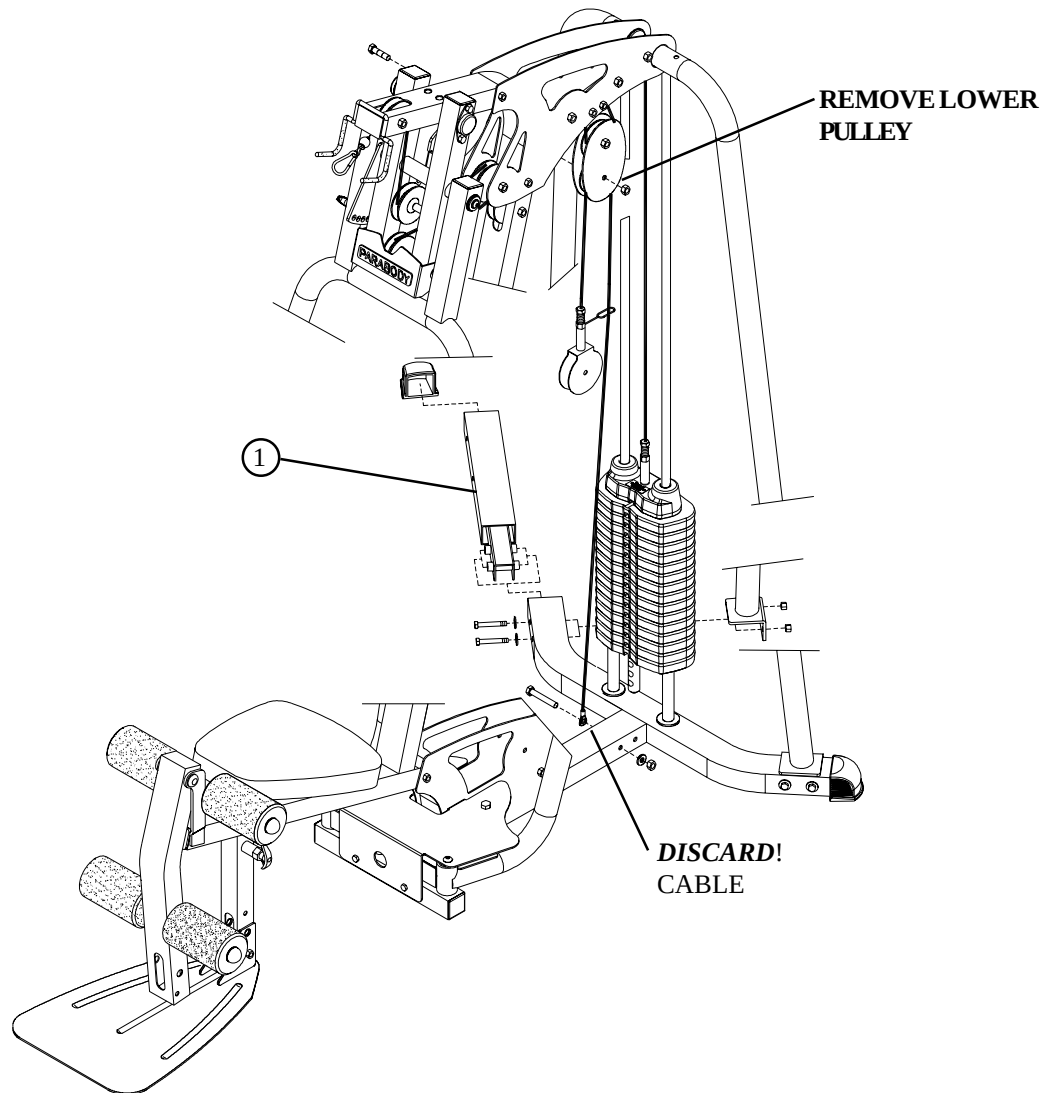


## PARTS LIST

| KEY | PART #            | DESCRIPTION             | QTY | KEY | PART #            | DESCRIPTION          | QTY |
|-----|-------------------|-------------------------|-----|-----|-------------------|----------------------|-----|
| 1   | ACU04-1525        | CONNECTING TUBE         | 1   | 9   | ACUDA1E03823416NB | 3/8 X 2-3/4" BOLT    | 2   |
| 2   | ACU04-1526        | PULLEY HOUSING          | 1   | 10  | ACUDA1E03813416NB | 3/8 X 1-3/4" BOLT    | 3   |
| 3   | ACU02-0055        | CABLE RETAINER          | 1   | 11  | ACUDC1250100020B  | 3/8" WASHER          | 9   |
| 4   | ACU13-0149        | LEG PRESS CABLE 202-3/4 | 1   | 12  | ACUDB2E03811000B  | 3/8" LOCK NUT        | 14  |
| 5   | ACU06-0024        | 3-1/2 PULLEY            | 7   | 13  | ACU08-0085        | STEP SPACER 19/32"   | 4   |
| 6   | ACUDA1E03853416NB | 3/8" X 5-3/4" BOLT      | 2   | 14  | ACU08-0076        | STEP SPACER 1-9/16"  | 4   |
| 7   | ACUDA1E03843416NB | 3/8 X 4-3/4" BOLT       | 5   | 15  | ACU08-0079        | STEP SPACER 1-11/16" | 2   |
| 8   | ACUDA1E03833416NB | 3/8" X 3-3/4" BOLT      | 2   |     |                   |                      |     |

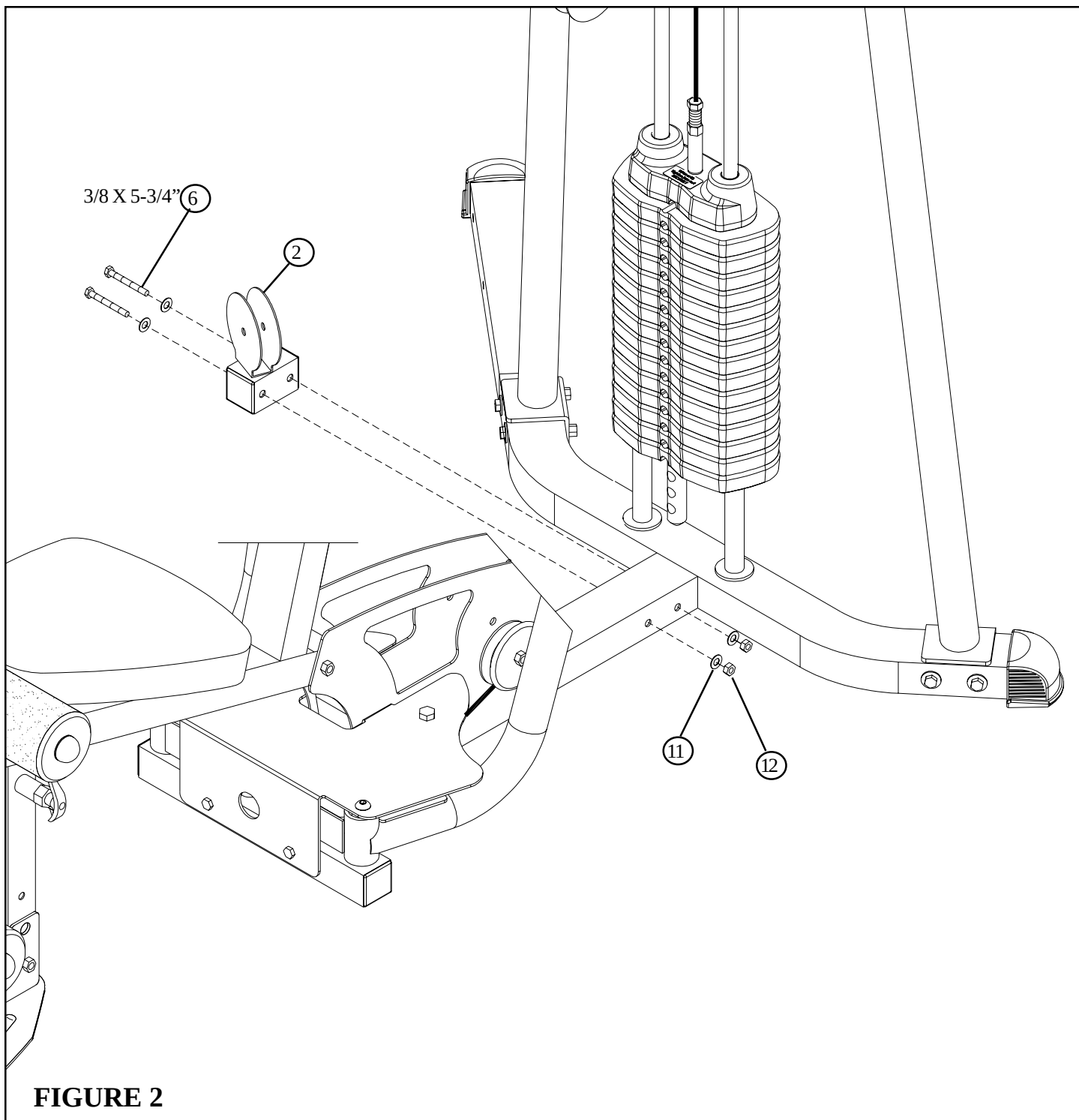
**NOTE: The LEG PRESS ATTACHMENT (LP5) must be assembled before connecting it to the PARABODY GS1/GS2 GYM SYSTEMS**

**FIGURE 1**



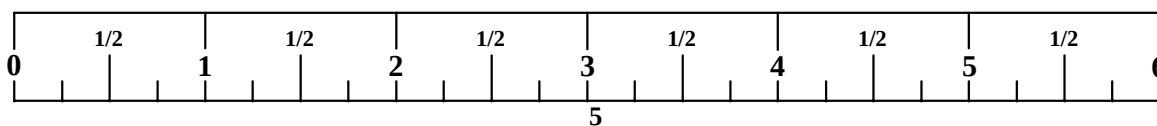
**STEP 1:**

- Remove END CAP and the bolts attaching the FRAME BRACE and insert new CONNECTING TUBE (1) using same BOLTS and re-install endcap.
- Remove the LEG CABLE and the BOLT, NUT and WASHER used to secure CABLE to base. Discard CABLE



**STEP 2:**

- Install PULLEY HOUSING (2) using two 3/8 X 5-3/4" BOLTS (6), four 3/8" WASHERS (11) and two 3/8" LOCK NUTS (12) as shown in FIGURE 2



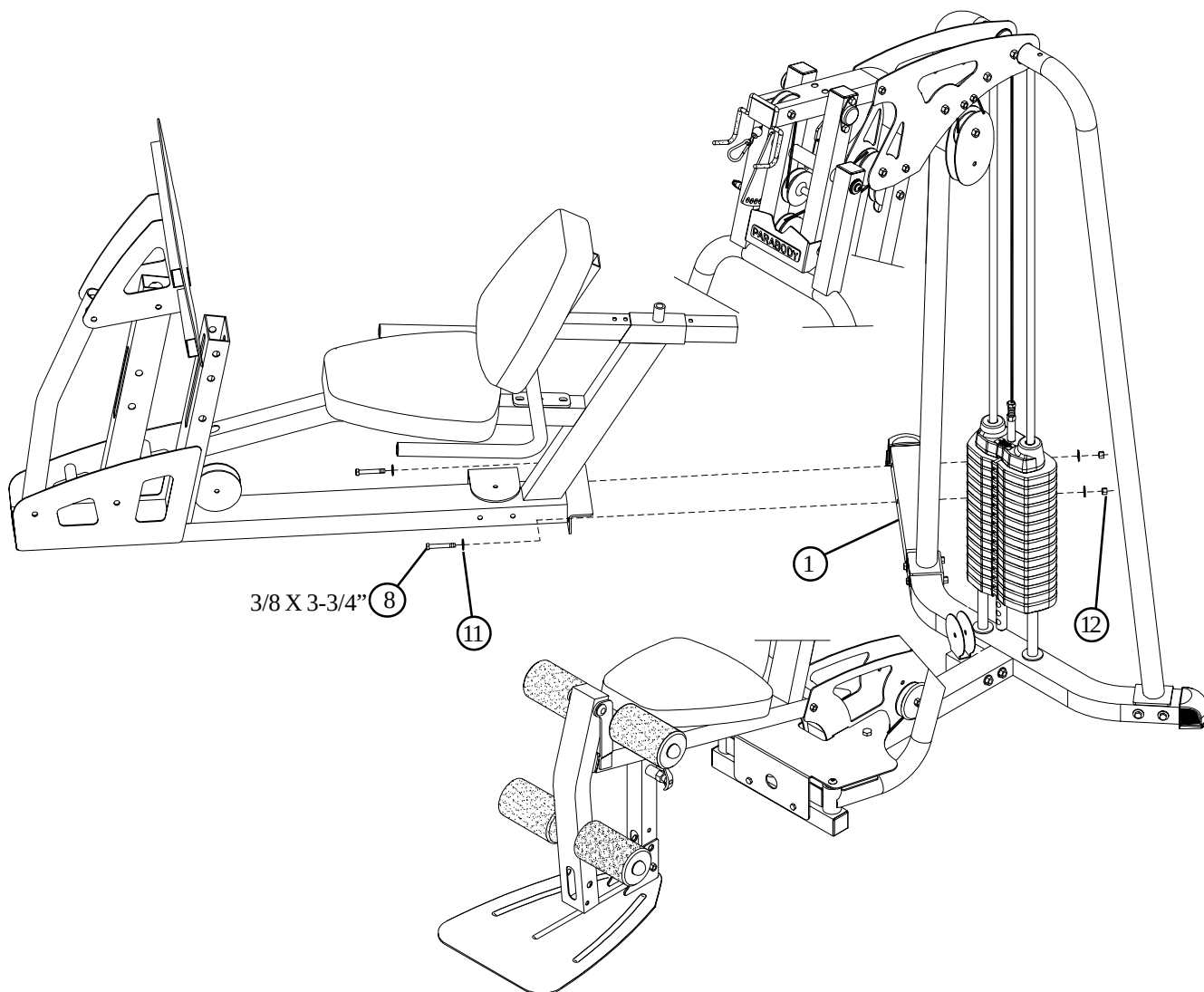


**FIGURE 3**

**STEP 3:**

- Assemble the new LEG PRESS to the CONNECTING TUBE (1) using two 3/8 X 3-3/4" BOLTS (8), four 3/8" WASHERS (11) and two 3/8" LOCK NUTS (12) as shown in FIGURE 3

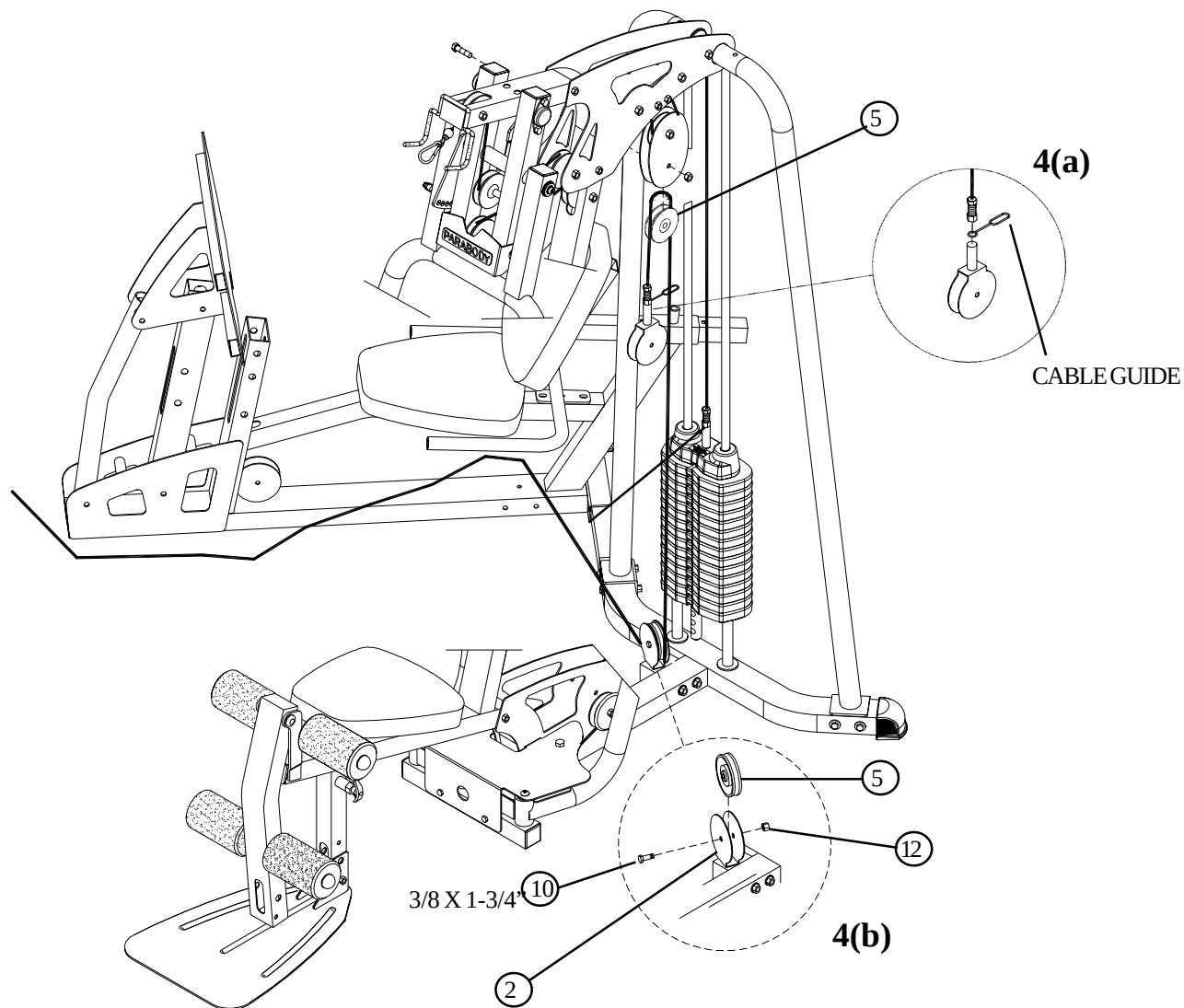
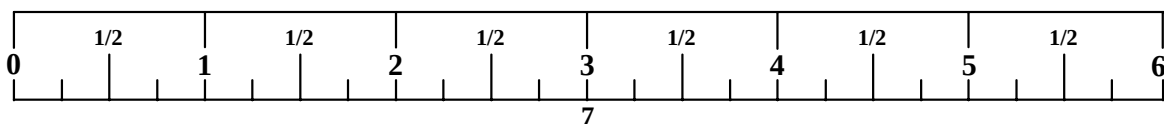


**FIGURE 4**

**STEP 4:**

- Screw the threaded end of the LEG PRESS CABLE (4) into the end of the FLOATING PULLEY BRACKET. Secure the CABLEGUIDE in place with the JAM NUT on the GUIDE CABLE. See FIGURE 4(a)
- Route the LEG PRESS CABLE (3) around one 3-1/2" PULLEY (5) and re-assemble the PULLEY to the FLOATING PULLEY PLATES using the BOLT, NUT and PULLEY which were removed. See FIGURE 4.
- Assemble one 3-1/2 PULLEY (5) to the PULLEY HOUSING (2) using one 3/8 X 1-3/4" BOLT (10) and one 3/8" LOCK NUT (12) as shown in FIGURE 4(b). **NOTE: CABLE MUST BE PLACED IN PULLEY HOUSING BEFORE INSTALLING PULLEY**



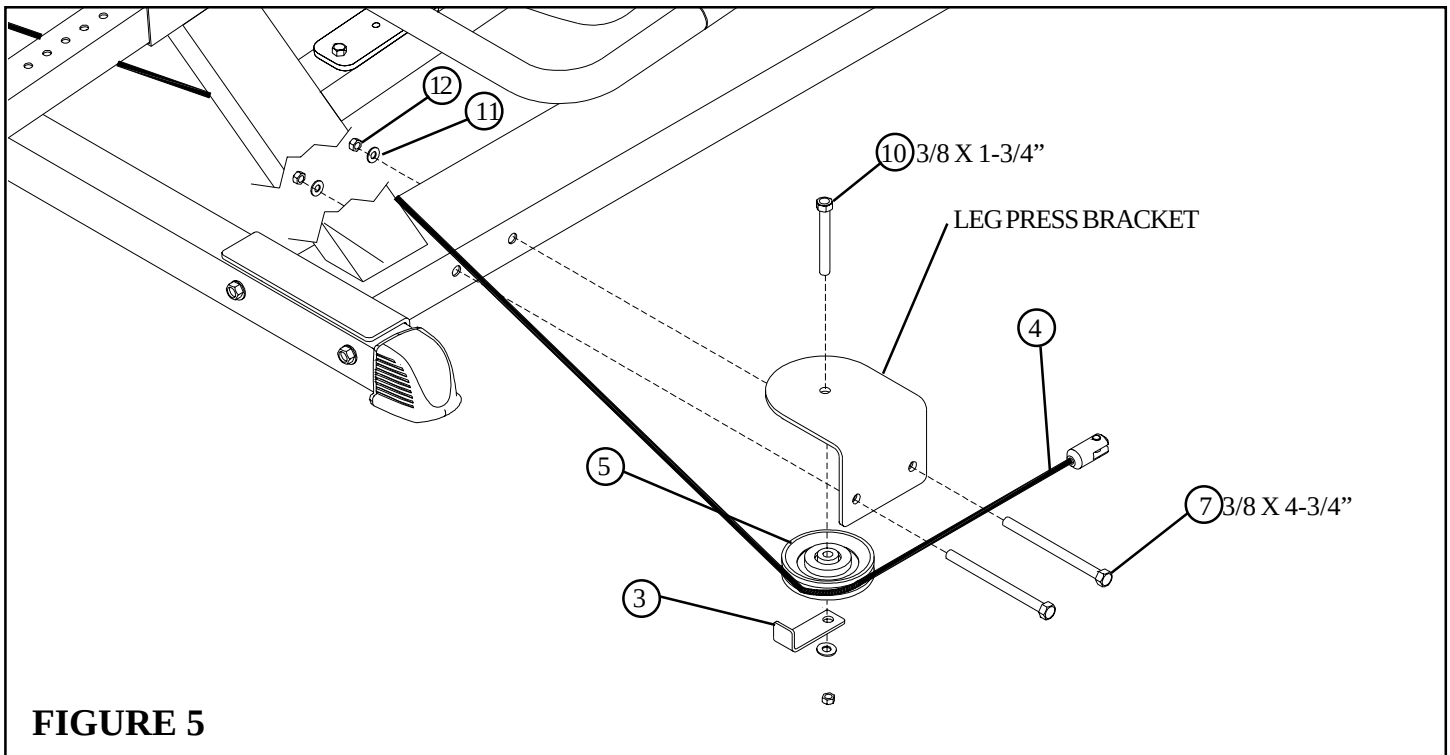


**FIGURE 5**

**STEP 5:**

- Carefully route the LEG PRESS CABLE (4) around one 3-1/2" PULLEY (5) and **SECURELY** assemble the 3-1/2" PULLEY (5) to the BRACKET (from 100 LEG PRESS kit) using one 3/8 X 1-3/4" BOLT (10), one 3/8" WASHER (11), one "L" CABLE RETAINER (3) and one 3/8" LOCK NUT (12) as shown in FIGURE 5. Make sure the CABLE is in the grooves of all the pulleys.
- **SECURELY** attach the BRACKET (from LP5 LEG PRESS) to the SEAT FRAME using two 3/8" X 4-3/4" BOLTS (7), two 3/8" WASHERS (11), and two 3/8" LOCK NUTS (12). See FIGURE 5.

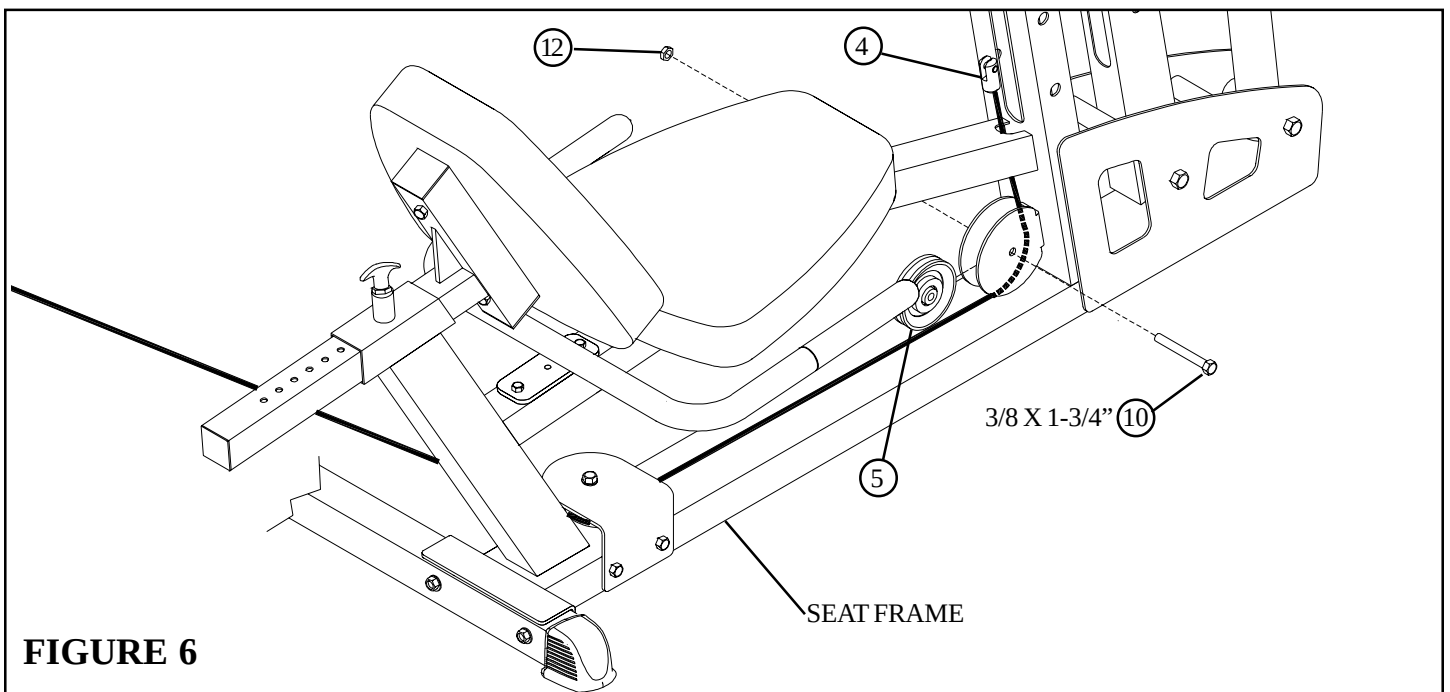
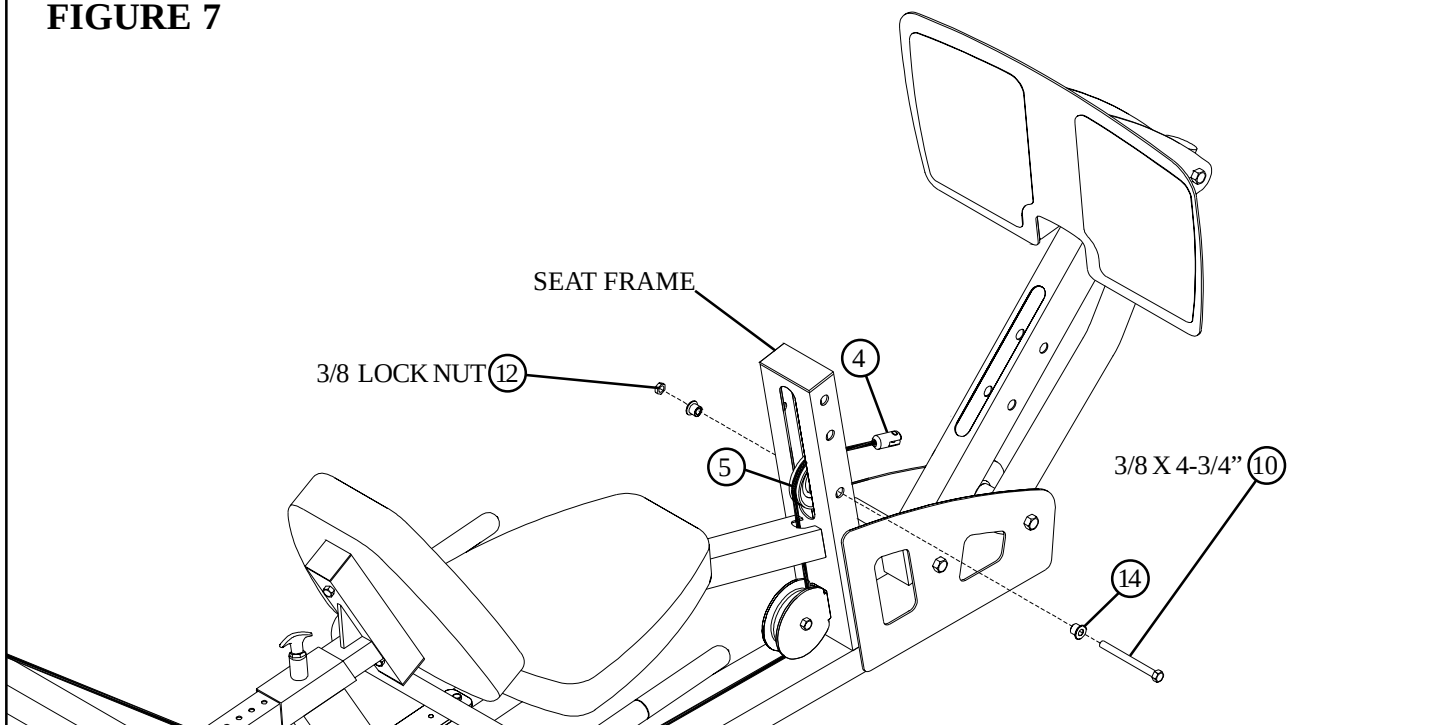


**FIGURE 6**

**STEP 6:**

- Carefully route the LEG PRESS CABLE (4) around one 3-1/2" PULLEY (5) and **SECURELY** assemble the 3-1/2" PULLEY (5) to the bracket on the SEAT FRAME using one 3/8 X 1-3/4" BOLT (10) and one 3/8" LOCK NUT (12) as shown in FIGURE 6. Make sure the CABLE is in the grooves of all the pulleys.

**FIGURE 7**



**STEP 7:**

- Carefully route the LEG PRESS CABLE (4) around one 3-1/2" PULLEY (5) and **SECURELY** assemble the 3-1/2" PULLEY (5) to the SEAT FRAME using one 3/8 X 4-3/4" BOLT (7), two STEP SPACERS 1-9/16" (14) and one 3/8" LOCK NUT (12) as shown in FIGURE 7. Make sure the CABLE is in the grooves of all the pulleys.

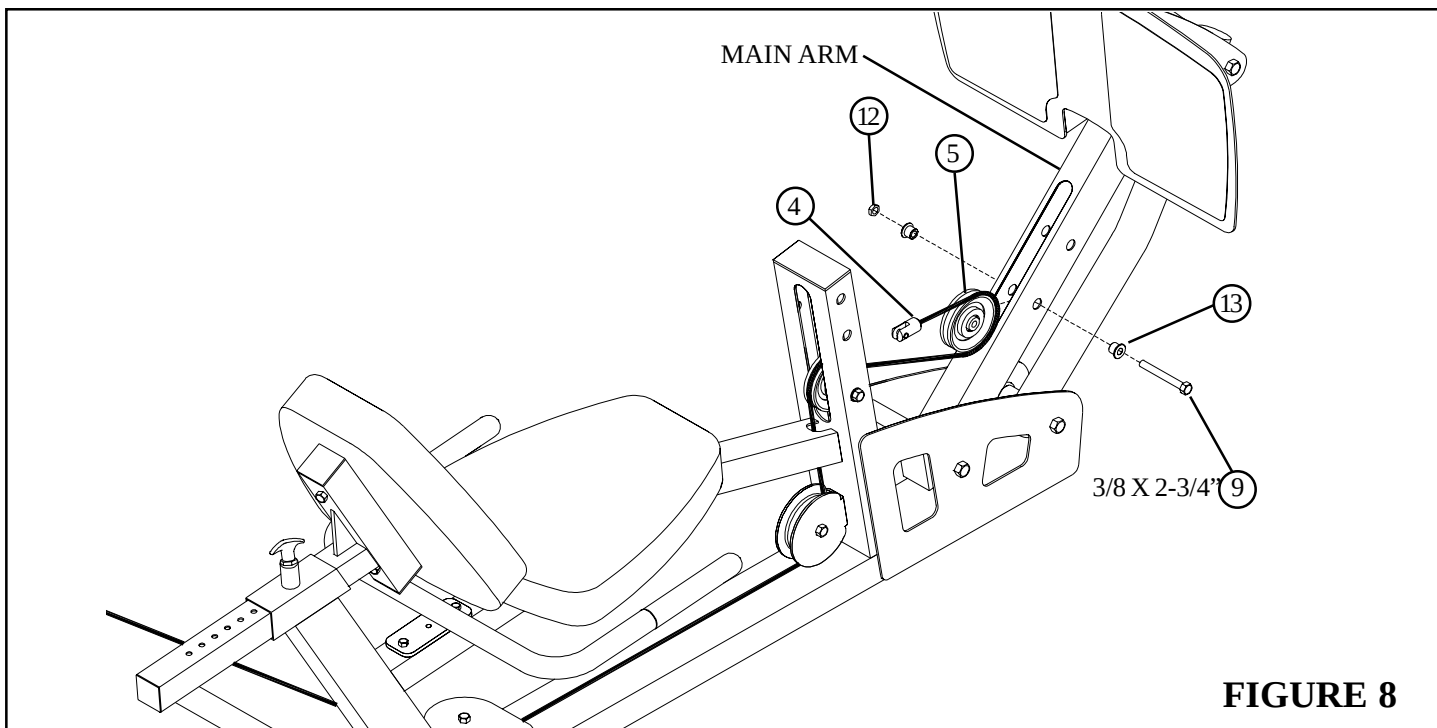


**FIGURE 8**

**STEP 8:**

- Carefully route the LEG PRESS CABLE (4) around one 3-1/2" PULLEY (5) and **SECURELY** assemble the 3-1/2" PULLEY (5) to the MAIN ARM using one 3/8 X 2-3/4" BOLT (9), two STEP SPACERS 19/32" (13) and one 3/8" LOCK NUT (12) as shown in FIGURE 8. Make sure the CABLE is in the grooves of all the pulleys.

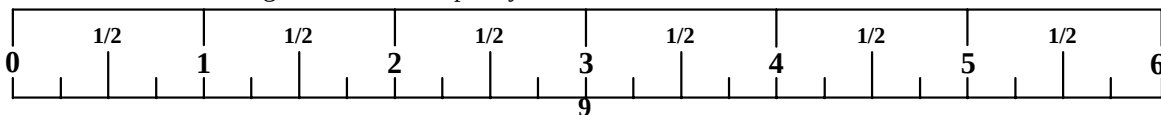
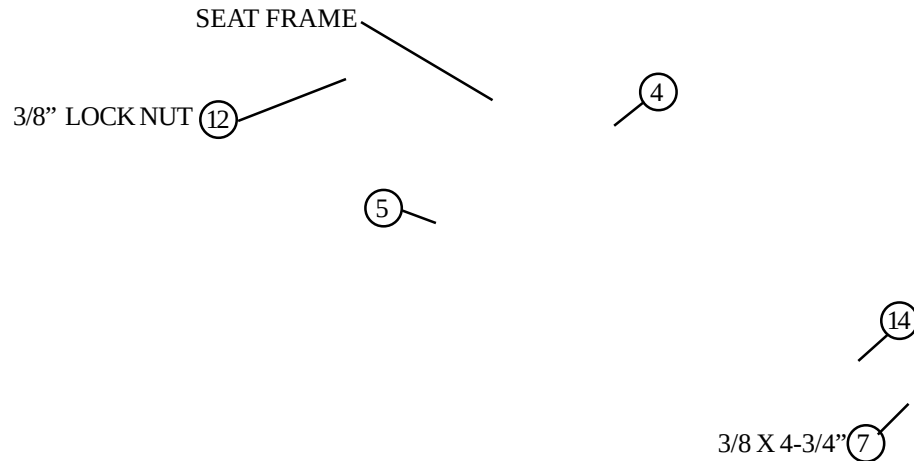


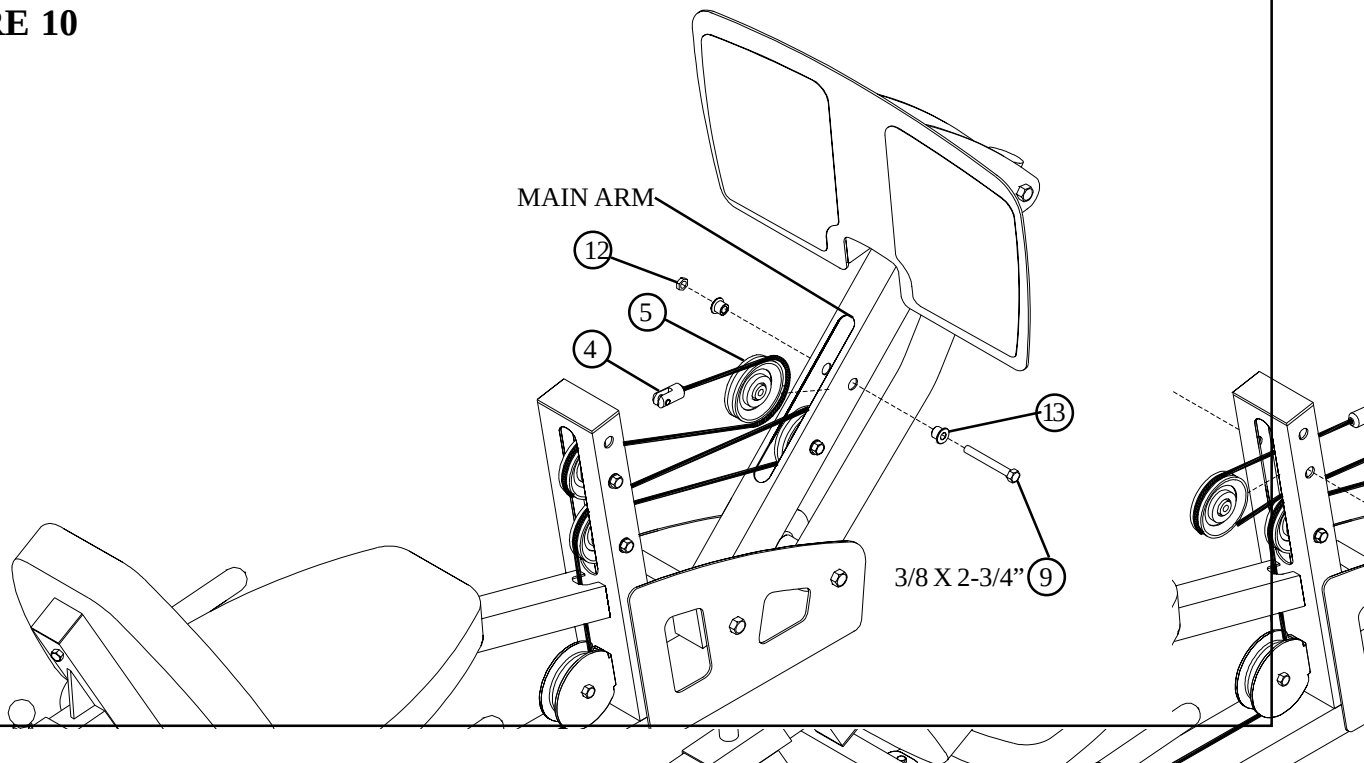
**FIGURE 9**



**STEP 9:**

- Carefully route the LEG PRESS CABLE (4) around one 3-1/2" PULLEY (5) and **SECURELY** assemble the 3-1/2" PULLEY (5) to the SEAT FRAME using one 3/8 X 4-3/4" BOLT (7), two STEP SPACERS 1-9/16" (14), and one 3/8" LOCK NUT (12) as shown in FIGURE 9. Make sure the CABLE is in the grooves of all the pulleys.

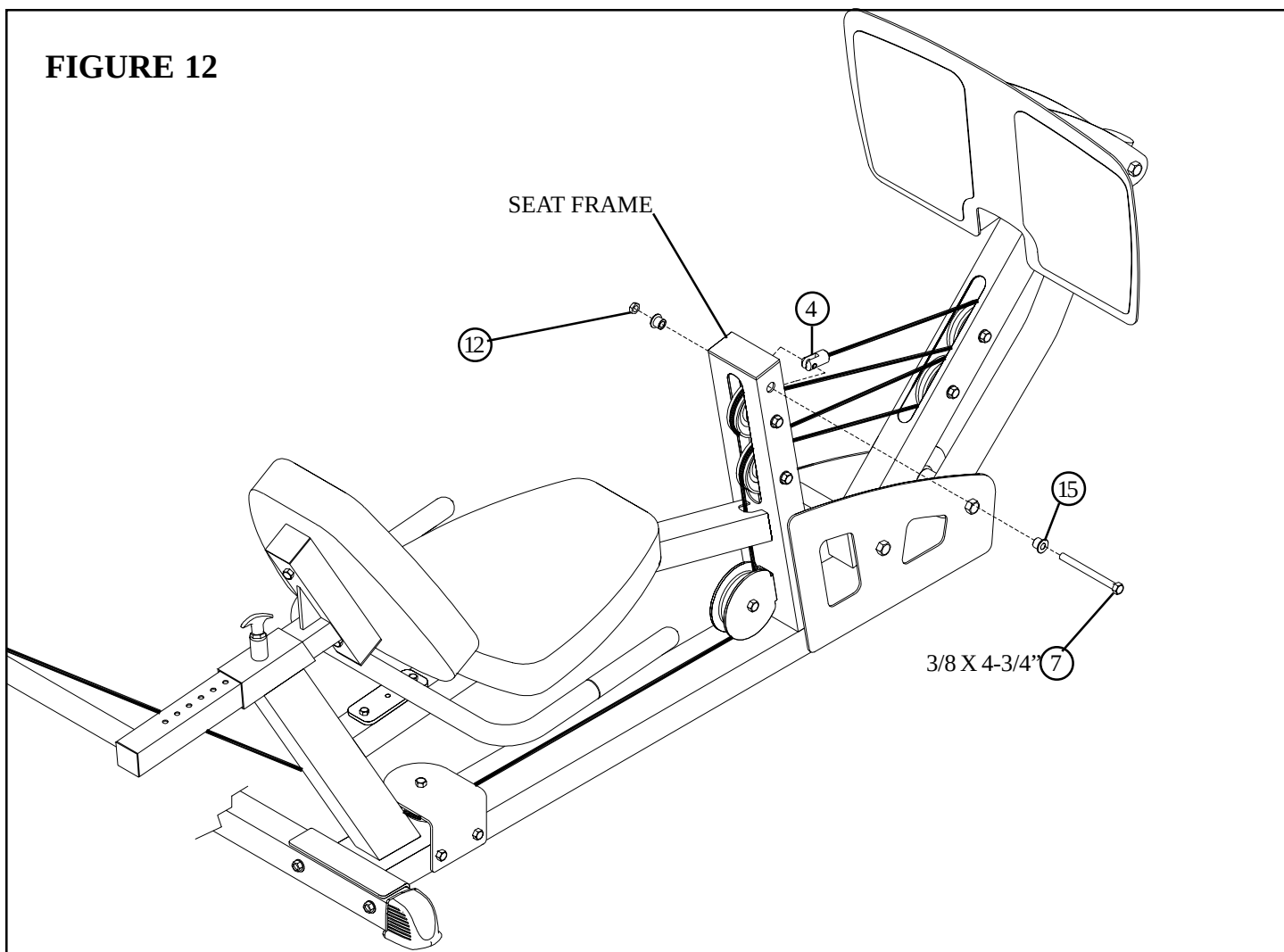
**FIGURE 10**



**STEP 10:**

- Carefully route the LEG PRESS CABLE (4) around one 3-1/2" PULLEY (5) and **SECURELY** assemble the 3-1/2" PULLEY (5) to the MAIN ARM using one 3/8 X 2-3/4" BOLT (9), two STEP SPACERS 19/32" (13) and one 3/8" LOCK NUT (12) as shown in FIGURE 10. Make sure the CABLE is in the grooves of all the pulleys.

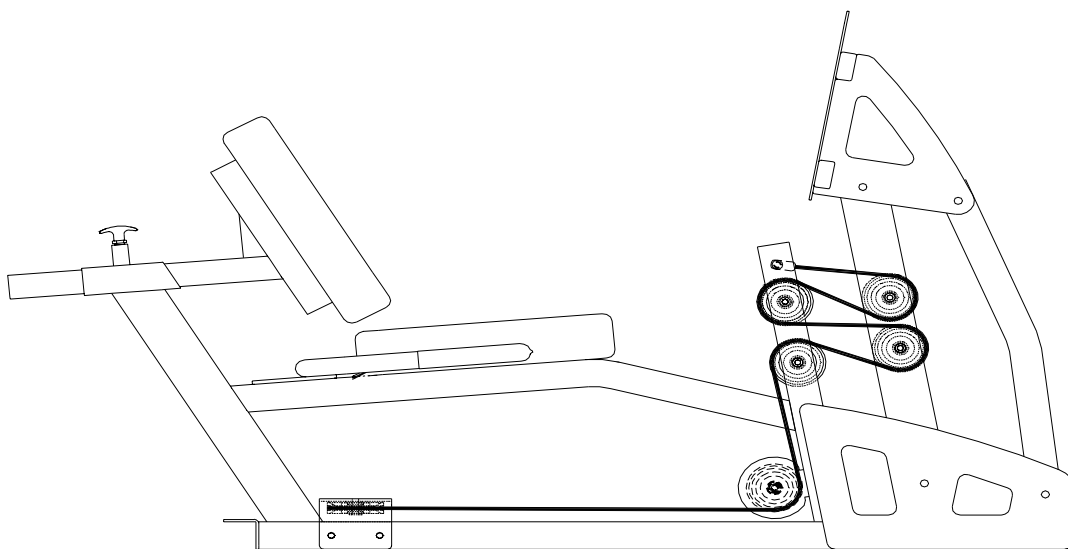
**FIGURE 12**



**STEP 12:**

- **SECURELY** assemble the swivel end of the LEG PRESS CABLE (4) to the SEAT FRAME using one 3/8 X 4-3/4\" BOLT (15), two STEP SPACERS 1-11/16\" (15) and one 3/8\" LOCK NUT (12). (**NOTE: SECURELY** tighten, then back nut off 1/4 turn)

**CABLE ROUTING DIAGRAM**



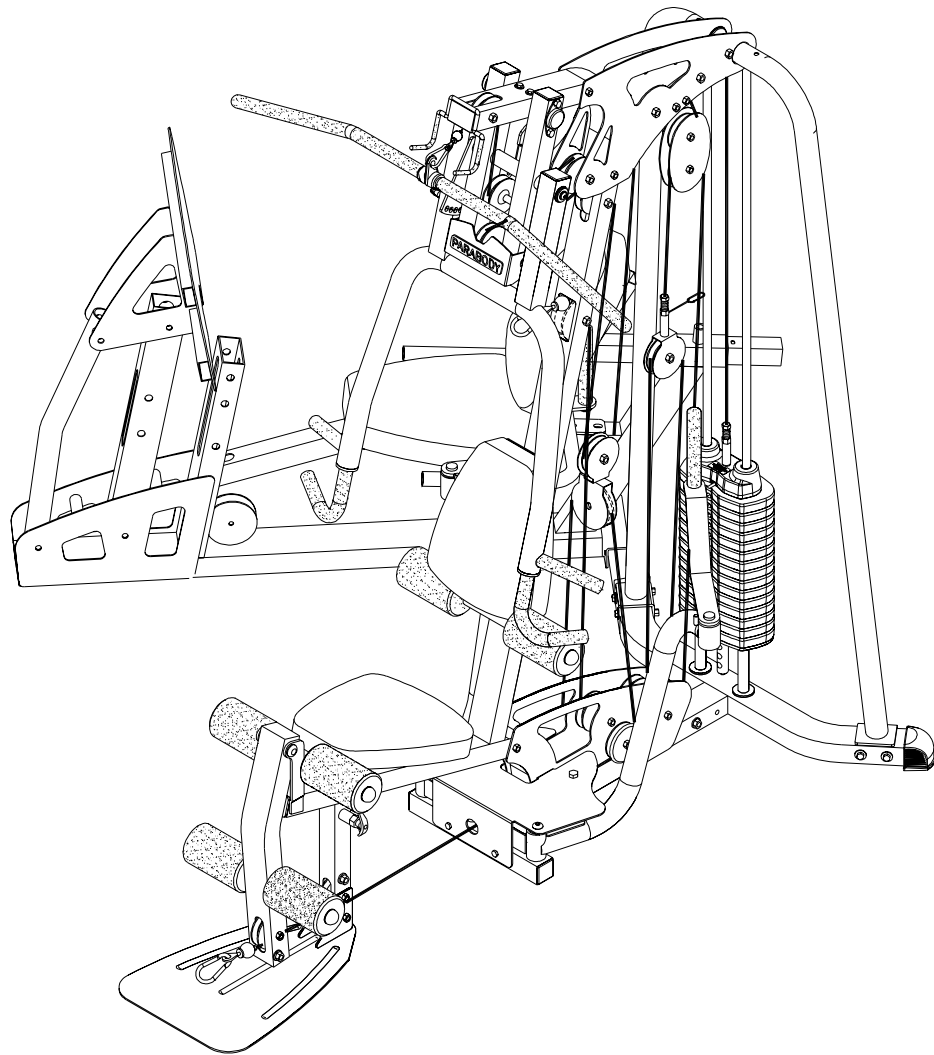


**FIGURE 13**

**STEP 13:**

- Before setting the correct amount of tension in the cables, push the HEAD PLATE down, insert the WEIGHT SELECTOR PIN, and perform several repetitions at the leg press station. This will relax the cable system and prevent the HEAD PLATE from lifting up.

**THIS CONCLUDES THE ASSEMBLY OF THE GS4-LP5A LEG PRESS ADAPTER KIT**

**Thank you for purchasing the Parabody GS4-LP5A Leg Press Adapter Kit. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.**